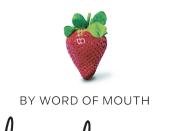


frozen for you

## **WEEKNIGHT MEALS**

MENU 1	2 ADULT	2 ADULTS FOR 7 NIGHTS	
Adrian's Mums Meatballs Creamy Mashed Potatoes Creamed Spinach	800g	lls (Serves 2) (Serves 2-4) (Serves 2-3)	
MENU 2	2 ADULTS FOR 7 NIGHTS		
Chicken a La King Pie Green Salad	640g	(Serves 2)	
MENU 3	2 ADULTS FOR 7 NIGHTS		
Lamb Knuckle Bredie Creamy Mashed Potatoes Minted Peas	640g 800g 180g	(Serves 2) (Serves 2-4) (Serves 1-2)	
MENU 4	2 ADULTS FOR 7 NIGHTS		
Mac and Cheese with Butternut and Pancetta Green Salad	800g	(Serves 2)	
MENU 5	2 ADULTS FOR 7 NIGHTS		
Traditional Cottage Pie Baked Cauliflower Gratin	800g 310g	(Serves 2) (Serves 1-2)	
MENU 6	2 ADULTS FOR 7 NIGHTS		
Spaghetti with Family Favourite Bolognese	450ml	(Serves 2-3)	
MENU 7	2 ADULTS FOR 7 NIGHTS		
Traditional Fish Pie Creamy Mashed Potatoes Minted Peas Vanilla Ice Cream with Salted Caramel Sauce	800g 800g 180g 200ml	(Serves 2) (Serves 2-4) (Serves 1-2) (Serves 6)	



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## **SHOPPING LIST**

Green Salad Ice Cream